Ottawa metro

MONDAY, MAY 2, 2016

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CANADIANS AND HIGH BLOOD PRESSURE

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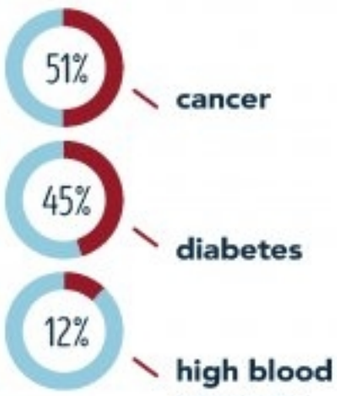
It can double or even triple your risk.

Canadians have a much higher awareness of cancer and diabetes than of high blood pressure.



FACT

HIGH BLOOD PRESSURE IS A LEADING RISK FACTOR FOR DEATH DUE TO HEART DISEASE AND STROKE.

The **SILENT KILLER**

AN ESTIMATED **1 IN 6** PEOPLE

DON'T KNOW THEY HAVE HIGH BLOOD PRESSURE.

6,000,000 CANADIAN adults have high blood pressure.

59% of Canadians are concerned they will develop high blood pressure.

FACT

90% of Canadians will develop high blood pressure during their lifetime.

88% of Canadians are aware that vegetables and fruit help decrease the risk of high blood pressure, while **60% attribute the same benefits to milk products.**

FACT

Milk products are part of a healthy diet to help manage blood pressure and your risk of heart disease and stroke.

Most Canadians think that high blood pressure is more common in men than in women.

FACT

By age 60, high blood pressure is more common among women—with more than half of all women being diagnosed with high blood pressure.

Canadians tend to believe that lifestyle is a greater cause of high blood pressure than age.

FACT

The risk of high blood pressure increases with age. More than 50% of people over 60 have high blood pressure.

THESE LIFESTYLE CHANGES CAN REDUCE YOUR RISK.

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Your essential daily news | MONDAY, MAY 2, 2016

MALIA OBAMA
First daughter reveals her plans after the White House
metroLIFE

High 12°C /Low 2°C Chance of showers

Want to dispute traffic tickets outside the courts?

NOPE

Province scraps proposal that included paying online

metroNEWS

MPP reveals battle with depression

LISA MACLEOD

Revelation made while announcing bid for Nepean riding in 2018

Emma Jackson
Metro | Ottawa

Nepean-Carleton MPP Lisa MacLeod assured supporters she's still got a "fire in the belly" as she announced she'll run in the new Nepean riding in the 2018 provincial election.

But the political veteran also revealed Sunday her famous fire had been "all but extinguished" last year as she battled clinical depression.

"I had days when I could not leave my bed, and if I did it was simply to go to the sofa," she told a crowd of supporters, who had gathered at the Cedarhill Golf Course to celebrate her 10th year in office. "I felt stripped down."

The illness began in mid-2014, shortly after the Progressive Conservatives lost to Wynne's Liberal majority.

It continued through MacLeod's leadership bid, a race from which she withdrew several months before the May 2015 vote.

MacLeod — known for never holding her tongue — became noticeably quieter, and shied away from the cameras.

"After (Ottawa teenager) Jamie Hubley died, I became an advocate for mental health," MacLeod said Sunday. "Yet, for myself, I was afraid to speak up and seek help for myself, a reminder of the stigma attached to depression."

It was helping parents of children who had died that pulled her out of the fog, MacLeod said.

Gordon and Kathleen Stringer, parents of Barrhaven teen Rowan Stringer who died of a concussion in 2014, came to MacLeod last year wanting to change concussion laws in Ontario.

"When I was at my lowest, her parents introduced me to her memory," MacLeod said. "Rowan reminded me of my passion. That day last June, the spark — I could feel it finally coming back."

A month later she began working with Gabe Batstone to improve child protection laws, after his daughter was allegedly killed by her mother.

Both issues have seen traction at Queen's Park, and that made MacLeod realize she's in a position to make real change, even in opposition.

"I'm still a Progressive Conservative, but I'm a less partisan one," she said. "I prefer to make a difference."

metro NEWS
Your essential daily news

Edible pot may be harmful to children, report says. **Canada**

5 THINGS TO WATCH AT CITY HALL THIS WEEK

Photo radar, planning and ... Alex Trebek? Here's what's going on at city hall this week.

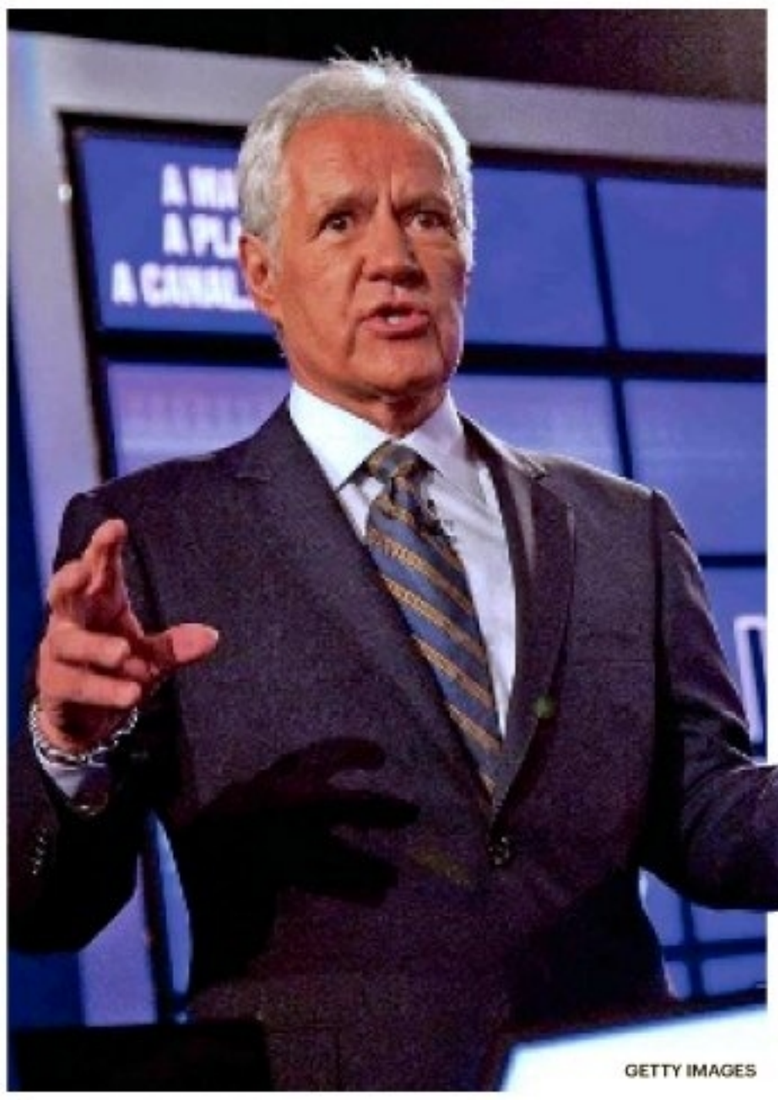
Lucy Scholey
Metro | Ottawa

1 Photo radar

A city councillor is continuing his push for photo radar on Ottawa streets. River Coun. Riley Brockington wants the option of using the controversial camera technology to nab speeders. His motion — not to install photo radar, but to ask the province to allow the city to use photo radar if council wishes — will go before the transportation committee on Wednesday. Last month, Brockington tried to pass the motion through council, but his peers voted to send it back down to the transportation committee for more debate. Ottawa Mayor Jim Watson says photo radar is just a cash grab.

2 LRT station move

First Unitarian Congregation of Ottawa supporters will be pleased to hear the light rail transit construction won't disrupt church or the seniors who live on their property. But business owners at a west-end mall will feel the brunt of the proposed LRT station change. On Tuesday, the finance and economic development committee will consider realigning the Cleary Station so that the entrance fronts on Richmond Road. This means the route would run through the 747 Richmond Rd. strip mall. Staff say this revision will provide easier access for cyclists and pedestrians.



GETTY IMAGES

3 Who is Alex Trebek?

This game show host and University of Ottawa alumnus is getting the key to the city on Thursday. Jeopardy's Alex Trebek will join the likes of author Margaret Atwood, former Ottawa Senators captain Daniel Alfredsson and Supreme Court of Canada Justice Beverley McLachlin in receiving this city honour. The key to the city will be handed out at 12:30 p.m.

4 Planning lowdown

Confused by the planning process? Still not sure what the heck a committee of adjustment does? The City of Ottawa is hosting a community forum on Wednesday to help you wrap your head around the ins and outs of committees. John Campbell, the former president and CEO of the Toronto Waterfront Revitalization Corporation, will also talk about his experiences engaging with the public on redevelopment projects. The event starts at 7 p.m. and there will also be a live webcast at ottawa.ca/bbc.

5 Market facelifts

The ByWard and Parkdale Markets could soon get makeovers. City staff are recommending the creation of a not-for-profit group to oversee both markets. So far, staff have crafted an early design of the revamped ByWard Market. It includes a new George Street plaza with a horse fountain, planters, public art, "bookend" stall vending and seating. There will be a public consultation on the plan in May.

INVESTIGATION

Two-alarm fire on Rosemere displaces 6

Emma Jackson
Metro | Ottawa

A 55-year-old woman was treated for smoke inhalation after a two-alarm fire displaced six people Saturday night.

Ottawa Fire Services received multiple reports of flames at the back of the semi-detached home on Rosemere Avenue in Old Ottawa East around 8:15 p.m. One caller reported a potential minor explosion, although firefighters found no evidence of that when they arrived.

Firefighters had the blaze under control within half an hour, officials said.

The fire caused about $500,000 in damage to the building and its contents. One firefighter suffered a non-critical injury, although the nature of the injury was unclear.

An inspector was dispatched to investigate the cause of the fire.

TRAFFIC

More Main St. closures

There's more pain coming for Main Street drivers as the city closes northbound lanes on 400 metres between Clegg Street and Riverdale Avenue on Monday.

That's on top of the 700 metres of northbound lanes already closed between Lees Avenue and Clegg.

One southbound lane is still open to traffic along the stretch.

The closures will last until mid-August in some places, and until November and December in others.

Detours will send northbound drivers along Riverside Drive, Bank Street and Isabella Street to avoid the construction. City staff said the closures are expected to have "significant impacts" during peak hours, and encouraged drivers to avoid Main Street as much as possible.

The disruptions are part of the city's Main Street renewal project, which is replacing water and sewer facilities and rebuilding the road into a complete street with better cycling and pedestrian facilities. Most of the street will reopen with new segregated cycle tracks, wider sidewalks and better transit facilities.

Construction will continue until next summer.

EMMA JACKSON/METRO

CRIME

Teacher facing more sex assault allegations

Haley Ritchie
Metro | Ottawa

New sex assault charges have been laid against a Gatineau man employed as a math teacher at a Barrhaven high school.

Naoum Abi-Samra, 57, was first charged April 19 following an investigation into allegations that he made sexual comments and inappropriately touched one of his students at Pierre Savard High School.

On Friday police said more victims had come forward.

Abi-Samra has been charged with two more counts of sexual assault and sexual interference involving children under 16 years old. Police said the alleged incidents took place between September 2013 and March 2016.

+ INVESTIGATION

Police said they are concerned there could be more victims.

Ontario nixes plan to keep traffic tickets out of court

LAW AND ORDER

Critics point to few details and presumption of innocence

An officer in Scarborough clocks vehicles with a radar gun. JACK LAKEY/TORSTAR NEWS SERVICE

Ontario has scrapped a proposal to have people pay traffic tickets online or dispute them outside of court.

The Liberal government last year proposed dealing with Provincial Offences Act (POA) matters such as traffic and minor bylaw tickets through a civil system, known as administrative monetary penalties, rather than in the criminal courts.

Under such systems, a driver caught speeding is assessed a financial penalty without a court hearing. If they want to dispute it, the matter would go to a hearing officer.

The idea was lauded by supporters as a move that could save court time and costs but was decried by opponents as taking away people's right to their day in court.

The government released a paper last year that broadly outlined a proposal, but with the caveat that details — including how the system would operate — were "beyond the scope" of the consultation.

Dozens of municipalities and legal groups submitted responses, and while opposition and support was mixed, many said the government hadn't provided nearly enough information for them to offer proper commentary.

So the government went back to the consultation drawing board but has now decided the administrative monetary penalties are off the table.

"Based on the feedback we received, we have decided to focus our efforts on improving the existing court-based system for disputing and paying traffic tickets and other POA charges, rather than pursuing an administrative monetary penalty (AMP) model," said Jenna Mannone, a spokeswoman for the Attorney General, in a statement.

"We remain committed to making the traffic ticket process simpler, more accessible and more convenient and we are continuing to consult with municipal and justice-sector partners to explore opportunities."

Though the offences in question are quasi-criminal themselves, the process to fight them is similar to a criminal trial and uses court resources accordingly.

> The ... courts which we operate are currently at capacity and beyond, with an ever-increasing backlog.
> City of Hamilton

In 2014, about 17 per cent of provincial court time went to Provincial Offences Act matters, even though only three per cent of tickets resulted in a full trial, according to the Ministry of the Attorney General.

The City of Hamilton's submission "strongly" encouraged administrative monetary penalties.

"The POA courts which we operate are currently at capacity and beyond, with an ever-increasing backlog," the city wrote in its submission.

Assistant city solicitor Ron Sabo said he believes the province will eventually introduce administrative monetary penalties for those charges under pressure from municipalities.

"The public supports an informal process," he said Hamilton has found. "Most are not looking to hire a legal representative and take the matter to trial; they want some process they can understand and complete relatively easily and quickly."

On the other side, the Ontario Paralegal Association said the system would remove the presumption of innocence.

"The whole premise behind an administrative monetary penalty system is simply to dispute the penalty and nothing else," said president Stephen Parker. THE CANADIAN PRESS

DEVELOPMENT

Builder to talk Costco impact

David Sali
Ottawa Business Journal

Trinity Group staff will hold a public consultation this Thursday to discuss their application to build a Costco store at the Ogilvie Road and Blair Place plaza.

The east-end wholesale store is currently at the corner of Innes and Cyrville roads but only has about 800 parking spaces and one exit — which is typically directed by a traffic officer on busy shopping days. The new location would have parking for at least 2,000 cars and seven exits from the massive lot, eliminating the need for an officer.

The new Costco location will also offer gas, something not available at the Innes location.

Beacon Hill-Cyrville Coun. Tim Tierney confirmed a public meeting will be held May 5 at the Earl Armstrong Arena between 2 and 7 p.m. Although the retail zoning for the site does not require Trinity Group to hold consultations, the councillor asked the developer to do so to inform residents living in the area of what's on the table.

"I have asked them to explain the traffic impacts at the meeting," Tierney said. "They feel confident that they have done the studies but they will have to explain to the community how they will manage traffic."

Aside from the Costco, a new Shoppers Drug Mart is already under construction at the Shoppers City East site. The remainder of the development will include a new Gabriel's Pizza outlet as well as more than 20 other restaurants and retail shops. The Beer Store will also be returning to the site.

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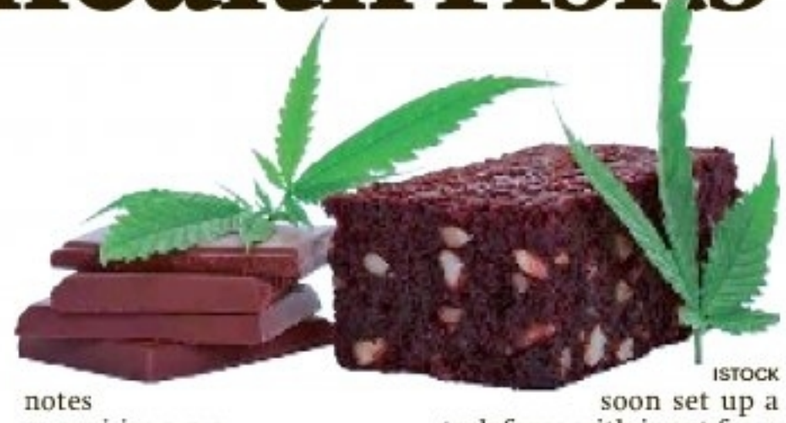
Edible pot may pose health risks

POLITICS

Liberals plan to introduce new marijuana legislation


ISTOCK

Bite-sized marijuana goodies such as candies and cookies pose "significant risks" to children who might accidentally swallow them, warns a draft federal discussion paper on pot legalization.

It flags the public-safety concern as one of the many obstacles Canada must negotiate on the path to regulating the drug, drawing on tragic lessons from Colorado.

Justin Trudeau's Liberal government says legalizing marijuana will keep pot out of the hands of children and deny criminals the profits of shady, back-alley dealing.

However, the December draft paper, obtained by The Canadian Press through the Access to Information Act, notes marijuana is available in many different forms — including some especially attractive to youngsters — in a number of the jurisdictions that have legalized regimes.

The Liberals plan to introduce legislation next year to remove marijuana consumption and incidental possession from the Criminal Code and create laws to more severely punish those who provide pot to minors, drive while under its influence or sell it outside the new framework.

The government intends to soon set up a task force with input from experts in public health, substance abuse and policing to design a new system of strict marijuana sales and distribution.

In the United States, Alaska, Colorado, Oregon, Washington and the District of Columbia permit recreational marijuana use by those 21 years or older.

Some 45 per cent of Colorado's marijuana sales involve edible forms such as food, drink or pills, according to the U.S. Centers for Disease Control and Prevention.

THE CANADIAN PRESS

CRIME

Alberta firefighter faces arson charges

A firefighter who battled the flames that destroyed a railway trestle bridge northwest of Edmonton last week has now been charged with setting the fire, as well as others in and around his community.

RCMP say Lawson Michael Schalm, 19, of Mayerthorpe faces 18 counts of arson following an investigation into a recent rash of fires, including the one on the CN bridge on April 26.

The chief of the town's fire department, Randy Schroeder, says Schalm is the son of a former mayor of Mayerthorpe and joined the department as a junior member when he was 15.

He became a full member when he turned 18.

Schalm is being held in custody and is scheduled to make his first court appearance on the arson allegations in Stony Plain Provincial Court on Wednesday. THE CANADIAN PRESS

IN BRIEF

Return of the census

Call it the start of Canada's biggest big-data push.

Monday marks the start of mailings from Statistics Canada of census surveys, including the return of the mandatory, long-form questionnaire that was replaced with a voluntary survey five years ago.

Statistics Canada says more than 15 million households will receive census letters over eight days, along with reminders to fill the form out by hand or online. THE CANADIAN PRESS

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Militants free 10 hostages

PHILIPPINES

Abu Sayyaf group releases kidnapped crewmen

Abu Sayyaf militants have freed 10 Indonesian crewmen who were seized at sea in March in the first of three attacks on tugboats that have sparked a regional maritime security alarm, officials said Sunday.

The Indonesians appeared to be in good health when they were dropped off Sunday afternoon in front of the house of Sulu province's governor in the town of Jolo, said the town's police chief, Junpikar Sitin. The 10 men were then brought to a Philippine military camp and arrangements were underway to turn them over to Indonesian officials.

A photo seen by The Associated Press shows the sunburned men in fresh shirts eating rice and chicken with Sulu's governor on a veranda beside a Japanese-style garden in his house. In another photo, some of the men are puffing cigarettes and enjoying coffee while resting on chairs.

Jolo's mayor, Hussin Amin, welcomed the release of the Indonesians, but said he did not know whether a ransom had been paid.

"If this big release came in exchange for money, those who paid are supporting the Abu Sayyaf," he said. "This money will be used to buy more firearms and will be utilized as mobilization funds by these criminals."

Indonesian President Joko "Jokowi" Widodo thanked the Philippines and the "many parties" in Indonesia who co-operated to secure the release of the hostages. THE ASSOCIATED PRESS

MIDDLE EAST

Ceasefire returns calm to much of Syria

Syria's military extended a unilateral ceasefire around the capital for another 24 hours on Sunday, as relative calm set in across much of the country after days of heavy fighting concentrated in the city of Aleppo.

Aleppo was not covered by the ceasefire but saw less fighting on Sunday. More than 250 people have died in shelling and airstrikes in the city over the last nine days, according to the Britain-based Syrian Observatory for Human Rights.

The government declared its own ceasefire around Damascus and the coastal Latakia region Friday. But more than three dozen rebel factions said Saturday they would not respect the truce unless the government agreed to extend it over the whole country. THE ASSOCIATED PRESS

Princess Charlotte turns one year old on Monday. AFP/GETTY IMAGES

ROYAL FAMILY

Happy birthday, to Princess Charlotte

New photographs of Britain's Princess Charlotte playing at her family's country home were released by the royals on Sunday to mark the little girl's first birthday, which falls on May 2.

The photographs were taken by her mother, Catherine, Duchess of Cambridge, in April 2016 at Anmer Hall, the secluded house in Norfolk, eastern England, where the family spends much of its time.

In one of the photos, the princess is happily playing outside in the garden, while in another, she is staring off into the distance. In all the photos, the princess looks adorable with her hair parted to the side, donning a blue or pink bow.

AFP/GETTY IMAGES AND METRO

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Dear Ellen,

My mother-in-law finally found me on Facebook and wants to be friends. I'm not really accepting new friend applications right now (especially not from her). How do I navigate?

Anonymous

Dear Anonymous,

Strangely, this is not the first time I've been asked this exact question — which I mention only to assure both mothers-in-law and their would-be evaders on Facebook that they're not alone; and also, in case any suspicious mothers-in-law are reading this column, to make it more difficult for them to pinpoint which wretched son- or daughter-in-law doesn't want to friend them.

In terms of etiquette, it's perfectly acceptable to ignore or decline friend requests from strangers, unknown friends of friends, workplace acquaintances or neighbourhood stalkers. Nor should you have the slightest qualm about instantly deleting a friend request from a mother-in-law from whom your spouse is estranged.

But if she's in your life, and you want to be on good terms with her, and she's savvy enough to see through your bald-faced lies about not being on Facebook, or not receiving her requests, you have little choice but to accept.

I duly acknowledge the countless ways in which this could ruin Facebook for you: endless photos of food, animal hijinks, inspirational sayings, painfully outdated gifs or racist jokes, etc. A steady torrent of this kind of sludge can fatally clog up any timeline, but if it gets too bad, you can always use the little arrow at the top right corner of her latest post to "Unfollow" or "Hide all" from her.

If she then phones you directly to demand why you didn't like her photo captioned "Family garage at sunset," you may have to risk hurting her feelings with the truth: that you are secretly employed by a covert government agency fighting industrial espionage, and you can't risk exposing vulnerable family members on social media.

But, tell me, Anonymous, am I right in presuming your reluctance has as much to do with what's in your own timeline as with what's in your mother-in-law's? Because there are ways to hide those things. Unfortunately, I don't know them, partly because I'm ever-so-slightly older than 30, but mostly because the algorithm hasn't been invented yet for "Let certain people see some things but not the things that might embarrass them or me."

All I can recommend is that you book a day off work, make a big pot of coffee, or some other soothing beverage, and start rummaging around in Facebook's privacy settings.

You could also divide your friends into separate "Post to" groups, such that certain kinds of friends can see what others aren't allowed to. No, it won't be a short or easy chore, but you can't put a time-and-energy price on what your paranoia and OCD demands. So consider these categories:

- Most everybody except my mother-in-law
- Most everybody except those to whom photos of me in a bathing suit are off-limits
- Family and certain close friends who don't mind seeing photos of my pet/child/garden/dinner
- Exes and/or childhood bullies whom I want to trick into thinking that my life is a fabulous merry-go-round of parties, romantic escapades and career triumphs
- Potential employers to whom I want to appear professional, accomplished and sober

I have nothing against mothers-in-law and will happily adopt the role myself if necessary. And I heartily disapprove of dumb, misogynistic, sexist jokes about them. But the fact is, dear Anonymous, this particular breed of relative requires delicate handling, so it's best to just accept there's no easy answer, and no more Facebook freedom in your future.

The fact is, dear Anonymous, this particular breed of relative requires delicate handling

Need advice?
Email Ellen:
askellen@metronews.ca

ROSEMARY WESTWOOD

Ready or not, a new model of beauty standards is coming

Probably the most beautiful feed on Instagram is Lorde Inc.'s.

It features a steady stream of bare, untouched faces hued in the spectrum of humanity. Men and women and the gender-flouting. People who are completely non-uniform, save for defiant gazes. And defiantly non-white.

Lorde Inc. is a modelling agency, co-founded by Vancouver-born Toronto transplant Nafisha Kaptownwala, dedicated to people of colour. (It's named after Audre Lorde, the prominent black, lesbian, feminist poet.)

As far as Kaptownwala knows, it's the first of its kind in the world, and for two years it's been casting and promoting racial diversity in fashion, signing models that live outside the industry's strict preference for specifically proportioned white women and men. Some of its models are "too short" (one is five-foot-four), or "too tall," and while are all rarely seen on runways, or in mainstream magazines, some are taking notice.

Lorde Inc. models have worked for Adidas and graced the pages of Rookie, i-D and Dazed magazines. But despite some success in the U.K. (where Lorde Inc. was founded) and New York, Kaptownwala has found the mainstream Canadian market reluctant, at best.

When Kaptownwala first began to set up shop in Toronto late last year, she spoke with agents who told her "Canada is not ready for you."

"The Canadian fashion climate is BASIC, like basic, super basic," she said.

Naturally, she aims to change that.

She grew up in Vancouver, "in a mostly working-class, lower-middle-class neighbourhood," she told me when we met over the winter. Her best friends were in a crew of El Salvadorian, Hatian, Ethiopian, Filipina and Indian heritage.

"Everybody kind of came from the same experience of being second-generation, their parents being new migrants, and also kind of feeling estranged from this predominant white experience," she said.

But not till she got a job at an American Apparel in Vancouver's West End (her friends called it "White End") did she first feel exposed to racism. It gave her "this very real understanding of identity."

Lorde Inc. is one way she's seeking to re-establish the definition of beauty in our culture. "For me fashion is just an opportunity to create image, and put together ideas and visions that I like," she said.

Whether mainstream fashion magazines, Canadian companies or even luxury fashion houses are interested in those ideas and visions remains to be seen.

"We are providing models that are so different from what the industry is used to seeing," she said. "I don't really know if they're ready for us. I'm going to keep putting us out there."

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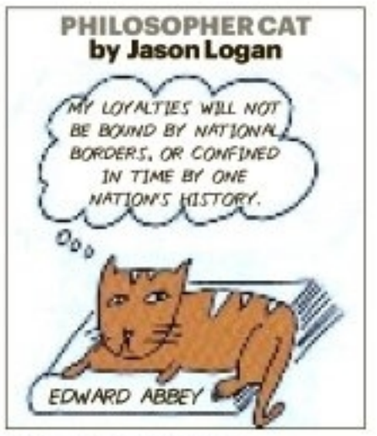

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metro LIFE

Your essential daily news

British edition of Vogue to mark its 100th anniversary with rare portrait of Kate Middleton

Driving a bus changed his life

NEW BOOK

Craig Davidson pens memoir of year with special needs students

Craig Davidson's new memoir Precious Cargo shows redeeming moments happen when you least expect them.
J.P. MOCZULSKI FOR TORSTAR NEWS SERVICE

Craig Davidson was a punctual school bus driver. He swears he was.

Up at 5:30 a.m. sharp to give bus 3077 its daily physical — check the engine and gauges, flick lights, adjust mirrors, thump tires and test the wheelchair lift.

Then right on time to pick up his special needs students on Route 412 and drop them at their Calgary schools before the bell.

Not like today, when he's so late he almost misses our interview. But if there's anything to be learned from Precious Cargo, Davidson's new memoir about his year as a school bus driver, it's that redeeming moments come when you least expect them.

His late arrival coincides with a fellow "knight of the road" parking her yellow school bus right in front of our meeting place after dropping kids for a field trip. She's delighted to talk shop. And Davidson gets the perfect backdrop for pictures.

It's the kind of random, everyday connection the Toronto writer brings to life in Precious Cargo, things you can't plan that land like small gifts.

The book explores the special bond that forms between one struggling adult and five students with physical and developmental challenges as they drive around together twice a day, five days a week, from September to June.

The journey, it turns out, is not just the one on the road.

Davidson took the job out of desperation at a low point in his life. It was 2008, he was 32, broke and flailing as a fiction writer when he found a flyer in his mailbox.

He was assigned a small special needs bus for kids in middle school and high school. His charges included a 16-year-old boy in a wheelchair who had cerebral palsy and others with conditions like autism and Fragile X syndrome.

Things slowly changed as he met his responsibilities day after day, listened and became a friend to his young charges.

"I'd been useful," he writes after one typical afternoon on the job. "It had been a while since I'd felt vitally so."

Davidson never planned to write about the experience, though he did alert parents early on that he was a writer. No one asked to switch buses. Names and identifying characteristics were changed in Precious Cargo.

Soon he was so struck by the "elliptical, hilarious, ever-shifting" conversations he overheard that started scribbling them down on gum wrappers and blank pages ripped out of his paperbacks.

He and the kids chatted about the stuff of life. But like him, they also had a passion for superheroes, sci-fi and flights of fancy. They made up the most colossal stories.

"They were a safety blanket of sorts to the kids, and that's what they became to me too," he writes.

"I felt snug and happy within the parameters of their tales."

Jotting down those exchanges was "like catching fireflies." Davidson took home the pieces and taped them on his wall.

He wanted to capture the kids' spirit, and all the nuances, good and bad, of their funny, compassionate and sometimes mean-spirited episodes.

They are voices too seldom heard.

People often ask what the students taught him. But Davidson chafes at the question. He just wanted to tell a story.

"Asking those kids to teach me anything is kind of not fair," he says.

"I think that's the danger of writing about children with special needs. You think they've got to be instilling some sort of deep lessons and giving you a better way to live your life."

When he was that age, "I was just allowed to be a kid."

Initially, he considered them teens like any others. Now he thinks not acknowledging differences — whether a wheelchair, being non-verbal, or a another way of processing the world — amounts to romanticizing.

The question is "what does it ask of us to accept those differences? Nothing."

Those students are young adults now. Davidson keeps in touch with one of them. They all got manuscripts but who knows if they'll read the book.

Davidson, 40, now has a three-year-old son and a soaring career. His short story collection Rust and Bone was made into a film.

His novel Cataract City was shortlisted for the Scotiabank Giller Prize.

But his year on the school bus still looms large. His next book of stories includes one based on an event that happened on Route 412 — one that wasn't included in Precious Cargo.

TORSTAR NEWS SERVICE

MONEY ADVICE

Stop focusing on a good credit score, start focusing on debt

Gail Vaz-Oxlade
For Metro Canada

In days of yore when savings was a thing, people measured their financial well being by how much money they had, less how much money they owed: their net worth. Now everyone is hopped up on the credit score.

I don't have the highest possible credit score. Does that surprise you? Depending on whom you ask, scores top out anywhere between 850 and 900.

I'm sitting somewhere in the 700s. Is it because I'm a bad credit risk? Well, if you measure me in terms of "profitability" which the credit score is designed to do, the answer is a resounding yes.

You should understand how a credit score is calculated and the extent to which it is based on you doing the wrong thing with your credit. The very things that give you a high score — that make you a profitable customer — are completely counter to sound money management.

I pay off my balance in full every month, which actually lowers my credit score. Despite the fact that I zero my card every month, the credit scoring system penalizes me if it randomly checks my credit utilization and I'm up too high.

No one can predict the exact point when the credit scoring system checks a balance, so if I'm close to my limit just before I plan to pay off my balance I'd lose points big-time.

So what is "credit utilization?"

Under the credit scoring rules you should never have a balance that's more than 30-50 per cent of your credit limit.

The credit-to-debt ratio (or credit utilization) is calculated like this: Debt Used ÷ by Available Credit x 100 = Debt Load

So if I'm carrying a $1,200 balance on a credit card with a limit of $2,000 my calculation looks like this: $1,200 ÷ $2,000 x 100 = 60 per cent.

Despite the fact that I pay my balance off in full every single month, I'll get dinged on my credit score. This credit utilization thing is designed to make people carry credit limits in the stratosphere. Since you never want to come close to your limit, you better accept all the rope lenders are willing to hand you.

Credit scores also reward you for using different types of credit: credit cards, lines of credit, loans.

Limit the amount and type of credit you use and your credit score drops. I don't use my credit cards for anything other than convenience. I don't borrow money to buy shite I don't need to impress people I don't know.

But since lenders want me to make full use of their wide range of products, they'd give me more points for using a variety of credit, which actually works against my best interests.

Once upon a time we measured and rewarded financial sustainability. We threw that out the window when the easy-peasy credit score came along and lazy lenders didn't have to look at your character, capacity to repay, or credit history.

Quit chasing a high credit score. Focus on managing your money smartly.

For more money advice, visit Gail's website at gailvazoxlade.com

RELEASE

Arctic Comics celebrates northern life and lore

It was one of the most successful cultural exports from the North since someone suggested southerners might like those little carvings.

Thirty years after amazing and entertaining audiences at Expo 86, Arctic Comics with its mythological heroes, tall tales and meditations on what it means to be Inuit is back. "There's no shortage of stories up here," said Nicholas Burns, one of the artists behind the 88-page, full-colour comic book being published this month. The first Arctic Comics began almost as a lark when the Northwest Territories government realized it would need northern material to sell at its pavilion at Vancouver's world party.

"I put in a proposal saying I'll do up this comic and do up stories of Inuit past, present and future and they thought it was a great idea," said Burns, who was then living in Rankin Inlet, now part of Nunavut. "I essentially self-published and sent them down and they sold like hotcakes."

The N.W.T. pavilion turned out to be one of the hits of the fair. Eager visitors snapped up 60,000 copies of Arctic Comics. "It was round-the-block lineups all the time." The plan was to do it again for Expo 92 in Seville, Spain. But the team missed the publication window and Arctic Comics languished.

Until now.

With the same past, present and future focus as the original, the new Arctic Comics features a trip with a legendary Inuit Ulysses in Kiviuq versus Big Bee. The fantastical adventure of the long-ago traveller, drawn from Inuit myth, was written by the late Jose Kusugakm, one of the founders of Nunavut, and illustrated by Germaine Arnaktauyok, who drew the drum dancer on the back of a special-edition toonie.

THE CANADIAN PRESS

Malia Obama eyes a gap year before college

President Barack Obama and daughter Malia make their way to board Air Force One last month. GETTY IMAGES

TRANSITION

First daughter to take year off before heading to Harvard

President Barack Obama's daughter Malia will take a year off after graduating high school in June before attending Harvard University in 2017.

"The president and Mrs. Obama announced today that their daughter Malia will attend Harvard University in the fall of 2017 as a member of the Class of 2021," said a short statement issued Sunday by first lady Michelle Obama's office. "Malia will take a gap year before beginning school."

Harvard College, where Malia would enrol, encourages admitted students to defer for one year to travel, pursue a special project or activity, work, or spend time in another meaningful way. The student must not enrol in a program at another college that would grant them a degree.

Malia, the eldest of the Obamas' two daughters, is a 17-year-old senior at Sidwell Friends, an exclusive private school in the District of Columbia that helped educate another first daughter, Chelsea Clinton, in the 1990s. Malia's younger sister, Sasha, 14, is a freshman at Sidwell. Malia is set to graduate high school in June. She turns 18 on the Fourth of July.

Obama has spoken publicly about dreading the day when Malia leaves for college, and the decision for Malia to take a gap year could keep her closer to home as her family prepares for another major transition next year, leaving the White House and returning to normal life. Obama plans to live in Washington for a few more years so Sasha can finish high school. He still owns a home in Chicago.

The first lady has said Malia wants to be a filmmaker. Malia spent last summer in New York City interning on the set of HBO's Girls, starring Lena Dunham. She spent the summer of 2014 in California working as a production assistant on Extant, a now-cancelled CBS sci-fi drama that starred Halle Berry. Malia has also had internships at the Smithsonian's National Zoo in Washington. The president turned down an invitation to speak at Malia's Sidwell graduation because he will be too emotional.

"I'm going to be sitting there with dark glass, sobbing," he told Ellen DeGeneres during an appearance on her talk show.

Obama grew up without his father, who was born in Kenya and is now deceased, and has spoken of his desire to be there for his kids. The bond between Obama and his children was readily apparent, as he often was seen holding hands with either daughter getting on or off the presidential aircraft or on the family's walks through Lafayette Park to attend services at St. John's Episcopal Church.

THE ASSOCIATED PRESS

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metro

First time at camp a positive stress for kids

Last September, your baby started school and now that summer is approaching, he or she will begin day camp for the first time and will, again, have to adjust.

While you may be a bit worried, one of Canada's leading non-punitive parenting and education experts says the stress of being a first-time day camper isn't necessarily a bad thing.

"Children are very resilient," says Judy Arnall, author of Parenting With Patience. "Encountering something new like day camp brings positive stress for a child. They are anxious, but once they have gone and made friends, they have accomplished something and are glad they did it."

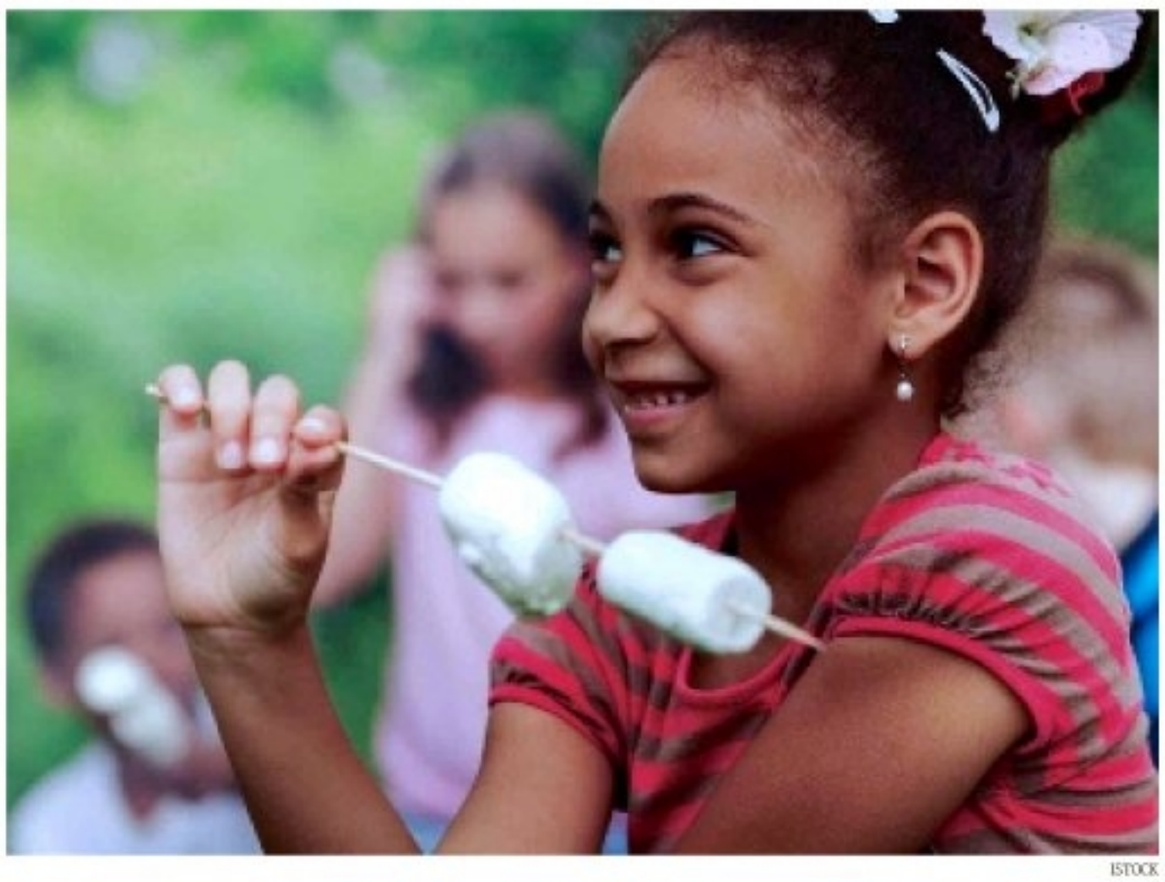
While Arnall says the anxiety isn't dangerous, she does recommend that parents not gloss over it.

Rather, she says, offer your child some useful tips for overcoming the feeling such as deep breathing and thinking positively about new adventures and friends. She also says preparing your child by explaining the day camp structure will help to ease worries.

"The more prepared children are on what to expect, the better the experience," she says. "They want to know what to bring, wear and eat. If the parents can set up a chance to visit before the actual camp date, this will help alleviate fears."

Once your child actually starts camp, Arnall says to be aware that he or she may experience some initial separation anxiety. Because each child is different it is difficult to pinpoint how long that may last but she says not to give up on the idea of day camp too quickly.

"Parents can listen and acknowledge how the child feels, but may still wish to keep them enrolled," she says. "Brainstorm some coping strategies with the child. If the child has given it a couple days and really, really hates it, let them quit. But if you, as the parent, think that they will adjust, and they have in the past, then encourage the child to keep going."



ISTOCK

Another way to ensure your child's transition to day camp is a smooth one, says Arnall, is to avoid asking the minute details of what happened at camp and trust your parenting instincts.

"Parents will notice if the child had a good time or not if they are looking forward to the next day," she says. "You could ask the best and worst moment of the day and get an idea of how it is going."

A shared understanding at camp for kids with diabetes

Summer camps are a fantastic way for any child to grow and develop as a person, enjoy activities and make new friends during the warmer months. The Canadian Diabetes Association (CDA) is fully aware of this and holds 12 camps (D-Camps) across Canada specifically tailored to kids living with type 1 diabetes.

"Children attending camp have the opportunity to meet others who share a personal understanding of the challenges of living with diabetes in a medically supervised setting," says Grant Leeder, coordinator of camp and youth programs (Ontario), for CDA.

"For some children, camp is also the first time they learn to administer their own insulin — a milestone in the life of a child living with diabetes."

Being diagnosed can often make a child feel different to their peers while having to deal with their new treatment schedule and skills. At camp your child gets a break from being different.

They find solace in the fact that everyone else in camp is the same as them and this shared understanding usually forges strong, long-lasting friendships between campers while the memorable experience washes over them all.

"I like Camp Banting because it's really fun and it has a lot of activities to do and it's just really fun to be with other kids with diabetes," says Camp Banting participant Cameron Henderson, aged 13. "It kind of feels like a second home and the doctors and nurses there are really nice."

CONTRIBUTED

For more information and to register for the CDA's D-Camps, visit dcamps.ca.

It's time to act on mental health

CMHA CAMPAIGN

Association wants to turn awareness into action

Jason Menard

This year marks the 65th anniversary of Canadian Mental Health Week. But instead of considering retirement, the week is more relevant than it ever has been — and this year's focus on the senior age group is reflective of the growing need for awareness and understanding.

"In the early days, Canadian Mental Health Week focused on serious and persistent mental illness," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "We're broadening the perspective of the continuum of mental health. This is why we chose seniors as the main theme for this year's campaign. If you are a senior with mental health issues, it's much harder to deal with them. They have internalized stigma about mental illness and they have to deal with their peers and their own attitudes and behaviours."

1 in 5

One in five Canadians has some form of mental illness.

One in five Canadians has some form of mental illness, Dr. Smith explained. And while that number is dramatic in its own right, the prevalence is even greater within the senior community.

"If the ratio is one in five amongst Canadians as a whole, with seniors it's one in four. But they're less likely to come forward and discuss this with their general practitioner or their friends because of that internalized stigma," Dr. Smith explained. "They have more of the natural triggers and stressors — they're at the age where they're experiencing loss, such as the loss of loved ones; and they have existential issues, like dealing with retirement and their own mortality."

Seniors are more likely to struggle with mental illness due to internalized stigma. ISTOCK

Canadian Mental Health Week runs from May 2 through May 8 and features events and activities across hundreds of communities, including art shows, film screenings, seminars, and awareness walks designed to provide Canadians with information, resources, and tools to stay mentally and physically healthy all year.

Not only does this year mark the 65th anniversary of Canadian Mental Health Week, but 2018 sees the 100th anniversary of the Canadian Mental Health Association. The goal is to put awareness into action.

"As the World Health Organization says, without mental health there is no health. We're working towards a full year where we're focusing on raining awareness of diagnosed mental illness," he said. "Our goal is to move this from talking about it to acting upon it. That's why the theme is 'Get Loud.' We want to see workplaces embrace it. Our goal is to have practical tools being used. A growing number of organizations are proactively getting loud about mental health. You're going to see venues like the CN Tower and Niagara Falls turning green in support of Mental Health Week.

"The focus is on practical solutions. Canada is one of the lowest when it comes to our proportion of health care funding going towards mental illness amongst G8 nations. We would never have a society that's happy with hospital wait times being amongst the lowest in the G8, so we shouldn't be satisfied with our mental health performance. If we're talking one in five people, then everyone's affected. We have to make practical changes."

For more information on Canadian Mental Health Week, visit mentalhealthweek.cmha.ca.

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MIND YOUR MIND

Youth lead in sharing and caring

Youth are leading the way in regards to changing attitudes towards and acceptance of mental health issues amongst their own demographic. And while there is still much that can be done to support youth with mental health issues, there's a strong foundation of support created by the community itself.

"Youth often reach out to each other and learn from peers who have gone through similar situations," explained Melissa Taylor-Gates, program manager at mindyourmind.ca. "They work together and build solutions together — it very much speaks to the resiliency of youth."

Mindyourmind is a non-profit mental health program encouraging youth, emerging adults, and the professionals who serve them to co-develop reliable and relevant resources, with the goals of reducing the stigma associated with mental illness and increasing access and use of community support mechanisms.

It's all part of an attitudinal shift that sees Canada's youth leading the way in acceptance, understanding, and support of mental health issues.

"It's almost like gay rights — if you go to a high school today, they'll say, 'What's the big deal?' But if you went to a high school in my grandparents' day it was a big deal," added Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Today's generation are growing up with much more awareness. There are special programs in schools to help deal with this."

Young Canadians are at the forefront of a shift in attitudes towards mental health. ISTOCK

Taylor-Gates pointed to youth supports in schools like quiet rooms, animal therapy, and other techniques to help students address mental health issues. However, these are not uniform and she added there's a need for increased funding and staffing of these efforts.

"In post-secondary, you can go to get mental health support during a particularly stressful semester, only to find out that you're on a one-month waiting list," she explained. "By then your semester may be over, or how do you know you'll still need support then?

This can be compounded by youth slipping through the cracks as they transition from youth services to adulthood. "A lot of people get dropped or they're not ready for the transition," she added. "The system is not working for them in the way they need. And there are often financial barriers that prevent people from getting support."

For youth looking for support, Taylor-Gates said mindyourmind is a great place to start, also referencing services like Kids Help Phone, which provides 24/7 support for youth through to young adulthood.

"We have a whole section about getting help — how to seek help, who to speak with, how to get ready for an appointment because that can be stressful if it's your first time," she said, adding that mindyourmind has a mobile app called Be Safe, which is currently supported in Ontario but will soon be extended out of province.

For more information, visit mindyourmind.ca. JASON MENARD

Shaking off the stigma of mental illness

ISTOCK

GET LOUD

Discrimination is preventing people from getting help

Jason Menard

This year's theme for Canadian Mental Health Awareness Week is 'Get Loud' and the hope is that by increasing the volume of the discussion, we can increase understanding of mental illness and reduce the stigma that remains attached to matters of mental illness.

"The goal is to raise awareness because stigma always exists about things that people don't understand," explained Dr. Patrick Smith, the national chief executive officer of the Canadian Mental Health Association. "Some say that the stigma is worse than the disease. We have to stop putting the responsibilities on the individuals suffering from the disease. [Stigma] is based on a lack of understanding and systemic discrimination that is preventing people from getting help.

When people think of mental illness they can get scared
Dr. Patrick Smith

"Because of the stigma, people resist going to get their diagnosis. There is a lot of undiagnosed, undetected mental illness."

Smith added that one in five Canadians have some form of mental illness, which runs counter to the perception of mental illness many people have.

"When people think of mental illness, they can get scared — they think of the people living on the streets," he added. "But one in five Canadians are not living on the streets. If we can move the collective thinking from 'othering' we can reduce that stigma."

Mental health runs the gamut from eating disorders, substance abuse, depression, anxiety, to persistent mental illnesses such as schizophrenia and bipolar disorder. Depression is the most common form of mental illness, followed by substance abuse and anxiety. Perceptions of the first two lead to some of the societal challenges, Smith explained.

Stigma is based on a lack of understanding
Dr. Patrick Smith

"Part of the stigma comes from people who say with depression, 'I've been down before. Pull yourself up.' They see addiction as voluntary and ignore the physiological aspect. Someone's body may respond to alcohol in a different way than mine. It's similar to a diabetic who needs insulin to respond to sugar. It's no easier to force your body to willfully metabolize sugar without insulin than it is for someone to stop drinking after a couple of beers.

"We have to accept the dangers and understand that we have to deal with a chronic condition. It doesn't mean you get a free pass because you have an addiction. Just like with diabetics who need to regulate their diet, it's up to you to take responsibility for your treatment."

This can include therapy and medication. But to get to treating the condition, we need to encourage a culture of understanding.

Because of the stigma, people resist going to get their diagnosis
Dr. Patrick Smith

"The more we understand about mental health, the less stigma exists and ignorance towards the different types of care," Smith added.

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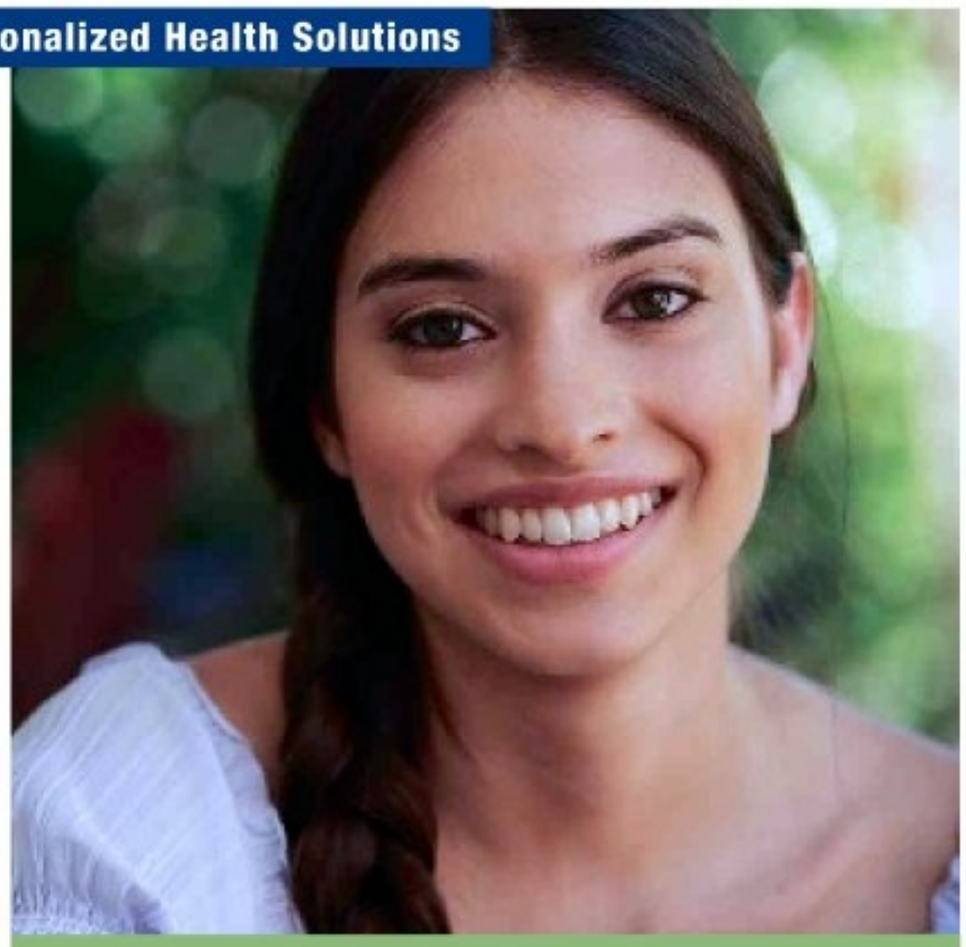

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Backes steers Blues to overtime triumph

NHL PLAYOFFS

Captain evens series against Stars at 1-1

Blues captain David Backes scored off a rebound during a power play 10:58 into overtime and St. Louis beat the Dallas Stars 4-3 in Game 2 on Sunday to get even in the second-round series.

St. Louis was on its second power play of overtime after Antoine Roussel was called for interference.

Vladimir Tarasenko took a slap shot that defenceman Alex Goligoski blocked. But the Blues kept charging and Backes scored on the rebound of Alexander Steen's shot.

The best-of-seven series matching the Western Conference's top two teams switches to St. Louis for Game 3 on Tuesday night. Game 4 will also be there Thursday before the series returns to Dallas for Game 5 on Saturday.

Dallas forced overtime by erasing a two-goal deficit in the third period, when the Stars outshot St. Louis 13-2.

Antti Niemi had stopped 19 consecutive shots since relieving Kari Lehtonen after the first period until Backes scored.

Blues goalie Brian Elliott had 31 saves, including big shots by Jason Spezza and Stars captain Jamie Benn about a minute apart in overtime.

David Backes of the Blues scores the game-winning goal against Stars goaltender Antti Niemi on Sunday. TOM PENNINGTON/GETTY IMAGES

GAME 2 In Dallas

4	3

St. Louis had a quick extra-man chance in overtime when John Klingberg was whistled for holding as Vladimir Tarasenko, who scored 40 goals in the regular season and four in the first-round series, was charging toward the net. But Niemi, who took over as the Stars' goalie in the second period, stopped three shots in that that-minute span.

Spezza and Benn had their shots before the game-turning penalty, and Backes' third goal of the playoffs came 17 seconds into the power play.

Benn scored the OT-forcing goal with 2:36 left in regulation. Kris Russell's shot hit Cody Eakin, and Benn then knocked the loose puck into the net.

Stars rookie centre Mattias Janmark had a breakaway goal 4-1/2 minutes into the final period, and Dallas was almost immediately on the power play after the ensuing faceoff. But the Stars were 0-for-4 with the extra man, and are now 1-for-20 on power plays at home this post-season.

Troy Brouwer had a power-play goal and an assist to help the Blues take a 3-1 lead in the first period. THE ASSOCIATED PRESS

NBA PLAYOFFS

Thompson, Green take over for Dubs

From the opening tip, Klay Thompson shot lights-out and even heaved one in from way out in Stephen Curry territory. Draymond Green began yapping from the start while doing his thing to make plays every which way, calling on his teammates to bring an edge on defence.

With Curry sidelined because of a sprained right knee, Green and Thompson took charge again. Their supporting cast came through in the clutch, too.

Thompson scored 37 points in another brilliant performance and the Golden State Warriors dominated once more without their MVP to beat the Portland Trail Blazers 118-106 Sunday in the opener of the Western Conference semifinals.

"Everything has to be ratcheted up," said Green, who posted his second career post-season triple-double with 23 points, 13 rebounds and 11 assists for the defending champions. "I just told the guys that we've got to come out with a defensive mindset."

The offence happened on its own, with all five starters scoring in double figures.

Thompson hit seven more three-pointers to become the first player in NBA history to make at least seven threes in three straight playoff games.

Game 2 of the best-of-seven series is Tuesday night. THE ASSOCIATED PRESS

STATUS UPDATE

Coach Steve Kerr said before Sunday's game that it's "pretty slim" Stephen Curry would be ready for Game 2.

IN BRIEF

Maple Leafs land top pick, Sens to draft at No. 12

The Toronto Maple Leafs will pick first at the NHL draft for the first time in more than 30 years.

Toronto won the draft lottery on Saturday, securing the No. 1 overall pick and presumptive rights to select American centre Auston Matthews. The Leafs haven't picked first since 1985 when they selected Wendel Clark from the Saskatoon Blades.

The Ottawa Senators will pick 12th overall in the first round. THE CANADIAN PRESS

Heat stomp out Hornets

Goran Dragic scored 25 points, Gerald Green added 16 and the Miami Heat emphatically ended Charlotte's season Sunday, beating the Hornets 106-73 in Game 7 of their Eastern Conference first-round series.

The Heat will play either Toronto or Indiana in the second round starting Tuesday. THE ASSOCIATED PRESS

Go to metronews.ca for coverage Raptors-Pacers Game 7

RECIPE Zucchini Noodles with Sesame Almond Sauce

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You can make "zoodles" with a fancy spiralizer but if you don't have one, no worries. Grab a vegetable peeler and make ribbons from your zucchini instead.

Ready in
Prep time: 15 minutes
Total time: 20 minutes

Ingredients
- ½ cup smooth almond or peanut butter
- 3 Tbsp soy sauce
- 1 Tbsp sugar
- 1 tsp sesame oil
- 1 Tbsp lime juice
- 2 Tbsps water
- salt and pepper to taste
- ¼ cup almonds or peanuts, chopped fine
- 1 Tbsp vegetable oil
- 3 small zucchinis, spiralized or ribboned
- ½ cup green onions, thinly sliced
- ¼ cup cilantro, chopped

Directions

1. Whisk together the nut butter, soy sauce, sugar, sesame oil, lime juice and water until everything is well combined. Taste before adding salt and pepper. Stir in nuts.

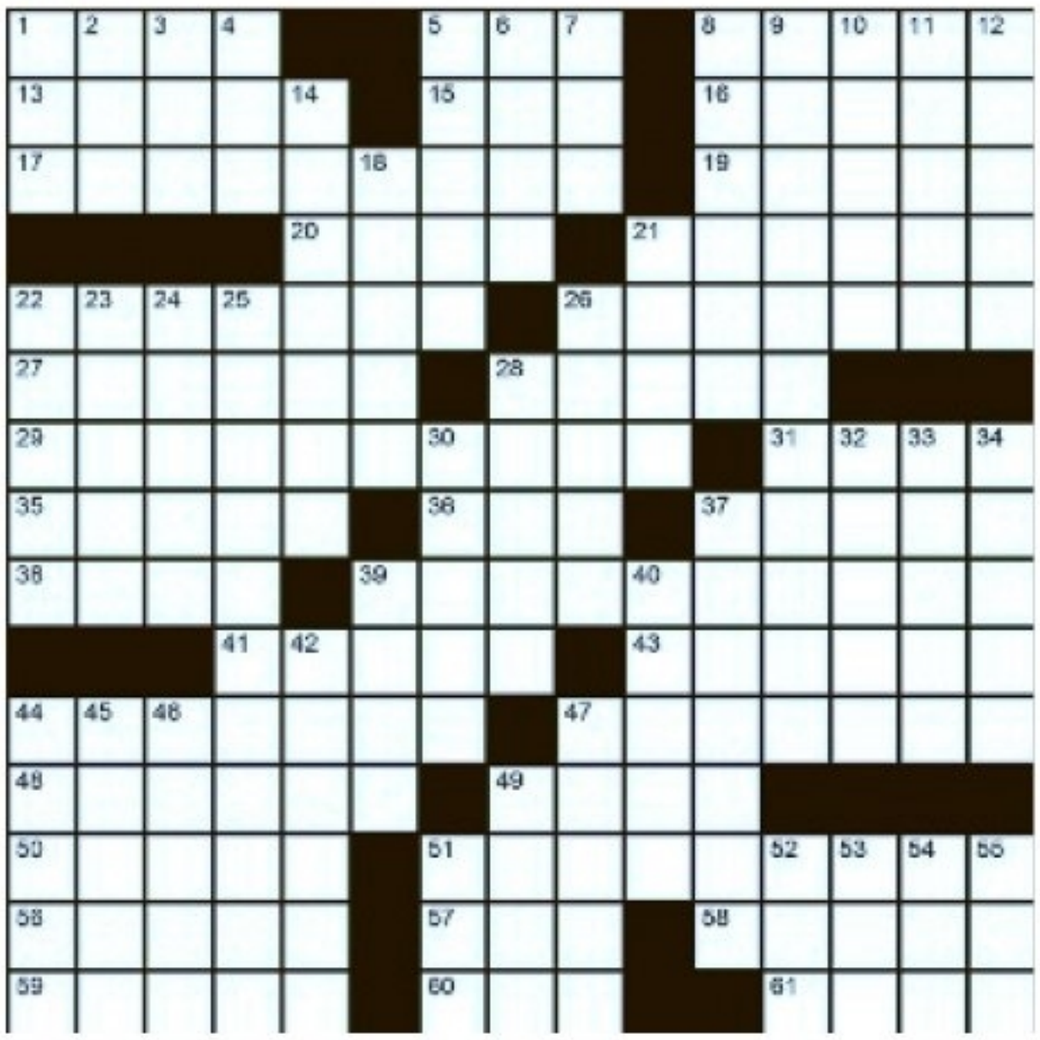
2. In a large pan, warm up the vegetable oil. Add the zucchini noodles and toss around over the heat for a minute or two. You're just warming them up and softening them ever so slightly. Turn off the heat and pour your sauce over top. Toss until all the noodles are coated.

3. Serve in bowls and top with green onions and cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Mila Kunis' hubby ...his initials-sharers
8. Helps the wrongdoer
13. Lifeboat lowering crane
15. Mr. Bachman
16. Space: Major and Minor
17. Niche market offering
19. Gambles
20. Singer, Jason __
21. People/organizations
22. California newspaper, commonly: 2 wds.
26. "Quentin __ M.P." (Vintage CBC show starring Gordon Pinsent)
27. Mythical handsome guy
28. Mythical season goddesses
29. 2016's theme, as per #37-Down... Manus x Machina: Fashion in an Age of __
31. Sci-Fi speed
35. Songwriter Ms. DioGuardi's
36. Sundial number
37. Tyler Perry character
38. "Superman" (1948) star Kirk
39. Bride's aisle decorations: 2 wds.
41. Faze
43. Listed, say
44. Dental complaint
47. Ungrateful one
48. Persists
49. Gull-like bird
50. Seaport of Israel
51. Movie ticket purchaser's request: 2 wds.
56. Upward
57. Blueberry dessert
58. Detest
59. Strained
60. "Vasoline" gr.
61. Folk tale character Ali

DOWN
1. Egos and __
2. Bread roll variety
3. 'Impress' suffix
4. As written
5. Sky's supporter
6. Edmonton Oilers owner Daryl
7. Fox's characteristic
8. Member of Canadian superheroes team Alpha Flight aka Jeanne-Marie Beaubier
9. Town in Nova Scotia that sounds like a Simon & Garfunkel tune
10. Mother in Eugene O'Neill's play Ah, Wilderness!
11. Reserved
12. Snake's snarls
14. Shania Twain's hometown in northern Ontario
18. "You __ __ Beautiful" by Joe Cocker
21. Entomb
22. Mechanic on "Taxi"
23. "Let's Make __"
24. "I'm not going __ __." (This is happy news, so I'll smile instead)
25. How a suspect is escorted to the police car: 2 wds.
26. Stray calf, variantly
28. Raise
30. CFL-ers in BC
32. "Battlestar Galactica" commander
33. Rent again
34. __ __ deux (Duet's dance)
37. Celebrity costume-inspired fashion event in New York City each Spring: 2 wds.
39. Mr. Tamblyn of "West Side Story" (1961)
40. Betty Grable, famously
42. Get the drink to fizz
44. Nirvana-attaining Buddhist
45. Bluesy street in Memphis, Tennessee
46. Offshoot
47. Michael McDonald's "__ __ Forgettin' (Every Time You're Near)"
49. Vexed state
51. Photo __ (PR events)
52. Reflux
53. "Hunting High and Low" '80s band
54. Bawl
55. Baseball pitcher's stat.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
"It was Monday. It was Monday all day." Doubts you have this morning will fade away by the afternoon when you see how something actually can be done. Whew!

Taurus April 21 - May 21
This morning you don't have the funds or the support from others that you need. Then later in the day, voila! Your solution appears!

Gemini May 22 - June 21
Don't be discouraged if authority figures rain on your parade this morning. Later, you will find a way to do things anyway. (Count on this.)

Cancer June 22 - July 23
Avoid important discussions with partners, parents and bosses this morning. Their response will be, "Talk to the hand." Later in the day, though, things are much better.

Leo July 24 - Aug. 23
You might be disappointed by your share of something this morning. Things might look bleak. Fear not, because later in the day, you see how to improve matters.

Virgo Aug. 24 - Sept. 23
Dealings with others won't be easy this morning. Avoid domestic arguments, especially with older relatives. (Fortunately, this day improves as it wears on.)

Libra Sept. 24 - Oct. 23
This morning is a poor time to talk to bosses or to ask for permission at work. However, if you wait until the afternoon, you might get your way. Timing is everything.

Scorpio Oct. 24 - Nov. 22
Children will be an increased responsibility this morning. Just suck it up, because it's a fact that burdens and responsibilities are part of this picture. Later in the day, life is easier.

Sagittarius Nov. 23 - Dec. 21
Avoid important discussions with family members this morning, especially females. People are grouchy. However, you will see ways to make home improvements later in the day.

Capricorn Dec. 22 - Jan. 20
Don't listen to your worries this morning. Things are not as bad as they seem. In fact, by the afternoon, you will see ways to improve many things around you.

Aquarius Jan. 21 - Feb. 19
You might feel broke this morning. (Join the club; we number in the millions.) Late in the day, you will see new ways to make money or new uses for something you already own.

Pisces Feb. 20 - March 20
Discussions with authority figures first thing this morning are a bad idea. Avoid parents, bosses and teachers if you can. Later, a powerful friend might help you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8						
	9		4		2	6		1
			7		8		5	
								9
3				6				8
6								
	8		2		1			
2		5	6		4		9	
						7		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

4	6	3	7	8	2	9	1	5
5	7	9	3	4	1	8	6	2
1	8	2	9	6	5	7	3	4
7	3	4	1	2	9	6	5	8
8	2	1	6	5	3	4	7	9
6	9	5	8	7	4	3	2	1
2	5	7	4	3	8	1	9	6
9	4	6	2	1	7	5	8	3
3	1	8	5	9	6	2	4	7

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King set. After sale $200

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$125 value‡

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